

## GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lax liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger. Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs. (Adv.)

### Strictly Business.

Employee—I'm afraid, sir, under the present high prices I shall be unable to live on my salary and—

Employer—Well, what of it? I'm conducting a business, not a life-saving association.—London Answers.

### "CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."—Adv.

### The Difference.

"Genius has wings with which to soar."

"And near genius?"

"Is satisfied with wings to flap."

### WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

### The High Price of Husbands.

"So that's Dr. Husbands—is he worth much?" "Oh, yes. Her father gave a hundred thousand for him."

### Important to Mothers.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Fletch*

In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

### No New Thing.

"Do you think doctors have a right to kill when they can't cure?"

"They have always been doing it."

## THOUSANDS OF DOLLARS LOST EACH YEAR TO DAIRYMEN THROUGH IMPROPER COOLING



In Times of Cold Weather Prepare for Hot Weather—Harvesting Ice in a Northern State.

(Prepared by the United States Department of Agriculture.)

Each year dairymen lose thousands of dollars from returned sour milk, poor butter, and low-quality cheese. These losses are largely due to improper cooling of milk and cream on the farm, according to dairy specialists. For good results milk and cream should be cooled to 50 degrees or lower and held there; and as this usually can best be done by the use of ice, dairymen should take advantage of any near-by lake or stream to obtain a supply of ice for next year.

### Ice Costs Little.

The ice harvesting season fortunately comes at a time when there is the least work on the farm for men and teams, and consequently the actual money cost is usually not very great.

The quantity of ice needed depends upon the location of the farm—whether in the North or in the South, the number of cows milked, and the method of handling the product. In the northern states it has been found that, with a moderately good ice house, one-half of a ton of ice per cow is sufficient to cool cream and hold it at a low temperature for delivery two or three times a week. One and one-half or two tons per cow should be provided where milk is to be cooled.

### Capacity of Ice Houses.

A cubic foot of ice weighs about 57 pounds, so in storing ice it is customary to allow from 40 to 50 cubic feet per ton for the mass of ice. At least 12 inches must be left between the ice and the wall of the building for insulation, unless the ice house has permanently insulated walls and an unusually large space for insulation beneath and above the ice.

Where a lake, pond, or stream of clear water is not available, some preliminary work in preparing the ice field will be required before freezing weather sets in. It is therefore advisable to make all plans for the work as soon as possible. Water for the ice supply should be entirely free from contamination or pollution. Ponds and sluggish streams usually have grass and weeds growing in them, so that the ice harvested is likely to contain decayed vegetable matter, which is always objectionable. They should, therefore, be thoroughly cleared of such growths before the ice has formed.

In some sections it is necessary to impound the water for producing ice. This may be done either by excavating and diverting a stream into the excavation, or by constructing dams across low areas. In localities where very low temperatures prevail for several weeks at a time, and the supply of pure water is limited, blocks of ice may be frozen in metal cans or in special fiber containers.

In harvesting ice it is desirable to have a field of sufficient size to fill the ice house at a single cutting, as the thickness and quality of the ice will

be more nearly uniform, and the necessary preparation for cutting and harvesting need be made but once. In many instances, however, the size of the pond or stream is such that it is necessary to wait for a second crop in order to fill the ice house. The average farmer requires only a comparatively small quantity of ice, so that even a small harvesting surface will usually prove large enough, especially if ice is cut the second time. The square feet of surface required per ton when the ice is of different thicknesses is shown in the following table. Size of cake, 22 by 22 inches.

### Square Feet of Ice Surface Required Per Ton of Ice.

| Thickness of Ice in Inches | Number of Cakes Required Per Ton | Cutting Space Required Per Ton |
|----------------------------|----------------------------------|--------------------------------|
| 4                          | 21.3                             | 106.4                          |
| 6                          | 15.9                             | 79.2                           |
| 8                          | 12.5                             | 61.6                           |
| 10                         | 10.4                             | 51.1                           |
| 12                         | 8.9                              | 43.1                           |
| 14                         | 7.8                              | 37.8                           |
| 16                         | 6.8                              | 33.2                           |
| 18                         | 6.3                              | 30.4                           |
| 20                         | 5.7                              | 27.1                           |
| 22                         | 5.2                              | 24.1                           |

### Few Tools Required.

When a small quantity of ice is to be harvested, but few tools are required. The following list contains those actually needed for harvesting ice on a small scale: Two ice saws, one hand marker, one pulley and rope, two pairs of ice tongs, two ice hooks, one pointed bar, and one straight edge. While these tools are all that are necessary, additional ones, such as the horse plow and marker, horse scraper and marker, and a calking bar are convenient and will help to expedite the work of ice harvesting.

### U. S. BUTTER EXPORTS SMALL

This Country Furnishes Less Than 1 Per Cent of Product That Figures in Trade.

(Prepared by the United States Department of Agriculture.)

In spite of vast grazing lands in the United States this country furnishes less than 1 per cent of the butter that figures in world or international trade, according to statistics recently compiled by the United States department of agriculture. However, the same fact, expressed in terms of the total number of pounds of butter exported, does not look so insignificant, since the annual total for at least one year in each of the last six decades has approached 30,000,000 pounds. There has been marked fluctuation in this country's exports of butter, the amount frequently dropping to less than one-third of the total for the big years. The relation between domestic and foreign prices has been the determining factor in these changes. During the last few years our exports, small as they are relatively, have been going to 70 different countries, colonies, and dependencies.

### CREOSOTE FOR FENCE POSTS

Best Preservative Treatment Consists of Boiling Wood in Liquid for Short Period.

Five cents' worth of creosote applied to a fence post will prolong its life many years. Posts that will last ordinarily but four or five years in the ground can be made to last 20 by treating.

Woods like beech, birch, maple, ash, poplar and others that are not ordinarily used for fence posts, can be made as durable as locust or cedar by a preservative treatment with creosote. This treatment does not consist simply in painting the post with creosote or in dipping it in creosote. While these treatments do some good, they do not insure deep penetration of the creosote into the wood or the filling of the cracks and season checks.

The best preservative treatment consists in heating the posts in boiling hot creosote for 30 to 60 minutes, then leaving them in the tank until the liquid has cooled. The creosote will

be forced deeply into the wood and thus fill all checks and cracks and form an exterior shell of treated wood that will prevent rotting. An old, discarded gasoline drum with the top cut out, set up so that a fire may be built beneath, makes an excellent treating tank at little expense.

### WASTE TIMBER USEFUL FUEL

Dead and Dying Trees Should Be Used for This Purpose and Ashes Saved for Fertilizer.

On account of the scarcity of coal there will probably be a large amount of wood used as fuel this winter. Use all the waste timber, dead and dying trees for this purpose and be sure to conserve the ashes for garden fertilizer. They are rich in plant food, particularly potash.

### More Clover Seed.

The extreme scarcity and consequent record price of clover seed should result in greater attention being given to clover seed production.

## Will Not be One Day Without PE-RU-NA

This Lady TELLS Her FRIENDS

Mrs. Mary Fricke, 507 Bornman St., Belleville, Ill., is just one of the many thousands of ladies throughout the country who, after an agony of years, have at last found health, strength and vigor in PE-RU-NA.

Her own words tell of her suffering and recovery better than we can do it: "I suffered with my stomach, had awful cramps and headaches so I often could not lay on a pillow. Saw your book, tried PE-RU-NA and got good results from the first bottle. To be sure of a cure I took twelve bottles. I have recommended PE-RU-NA to my friends and all are well pleased with results. I will not be one day without PE-RU-NA. Have not had a doctor since I started with PE-RU-NA, which was about fifteen years ago. I am now sixty-three years old, hale, hearty and well. Can do as much work as my daughters. I feel strong and healthy and weigh near two hundred pounds. Before, I weighed as little as one hundred. I hope lots of people use PE-RU-NA and get the results I did." An experience like that of Mrs. Fricke is an inspiration to every sick and suffering woman.



MRS. MARY FRICKE

If you have catarrh, whether it be of the nose, throat, stomach, bowels, or other organs, PE-RU-NA is the remedy. It is not new; it is not an experiment. PE-RU-NA has been tried. PE-RU-NA has been used by thousands who once were sick and are now well. To prevent coughs, colds, grip and influenza and to hasten recovery there is nothing better.

PE-RU-NA will improve the appetite and digestion, purify the blood, soothe the irritated mucous linings, eradicate the waste material and corruption from the system. It will tone up the nerves, give you health, strength, vigor and the joy of living. Do what Mrs. Mary Fricke and thousands more have done—try PE-RU-NA. You will be glad, happy, thankful.

Tablet or Liquid. Sold Everywhere.

## YOU NEED NOT SUFFER FROM CATARRH

But You Must Drive It Out of Your Blood.

Catarrh is annoying enough when it chokes up your nostrils and air passages, causing difficult breathing and other discomforts. Real danger comes when it reaches down into your lungs.

This is why you should at once realize the importance of the proper treatment, and lose no time experimenting with worthless remedies which touch only the surface.

To be rid of Catarrh, you must drive the disease germs out of your blood.

Splendid results have been reported from the use of S. S. S., which acts on the catarrh germs in the blood.

If you wish medical advice as to the treatment of your own individual case, write to Chief Medical Adviser, 42 Swift Specific Co., Atlanta, Ga.

### BEGINS TO SEE THE TRUTH

Old Oliver Onken Realizes He Is the Captive, and Not the Victorious Capturer.

"My son-in-law, Luther Stuckey, doesn't amount to anything at all, and yet, paradoxical as it sounds, he is a howling success in his chosen specialty," related old Oliver Onken. "He sings a squealing tenor, he can second the motion all right, and will be as useful as anybody else to count on when the cholera breaks out. He might possibly do well managing a small farm. In short, he has never really accomplished anything except to work me so adeptly that he is able to keep better dressed than I can afford to, and by that means maintain a higher standing in the community than I enjoy. Just how he manages it I do not exactly understand, but somehow he keeps right on putting it over me. I cannot kill him, and he will not leave. When he broke into the family I thought I was getting a son-in-law, but now it looks painfully like my son-in-law has got me."—Kansas City Star.

### The Optimist.

We met in the midst of a raging blizzard, at a corner where the wild wyndes whizzed the snow around us until we were almost hurled from our feet. He grinned broadly, though his face blazed from the icy kisses of the blast.

"It won't last," he yelled, over the roar of the storm. "The goose bone, the bark on the north sides of the trees, the squirrels' scanty stores of nuts and Hostetter's faithful old almanac all predict an exceptionally mild winter. Hi-lo! hi-lee!"—Kansas City Star.

### His Real Status.

"That old fellow is an entomologist."

"No, he ain't; he's just a plain bug."

### COULDN'T FIND LADY'S NAME

Young Man, However, Had Done His Best, and Probably the Editor Appreciated It.

The editor was busy writing an article on the evil effects of the excessive use of tobacco and how it affected the heart. But he needed information on a certain medical point. "Baxter, find out all you can about angina pectoris," he said to a budding young journalist, "and be quick as you can."

Twenty minutes passed before the aspiring journalist returned.

"Well," queried the editor, "you've been long enough about it; what have you learned?"

"Well, I've done my best," was the answer. "I've looked in all the local directories, and the London directory as well, and there is no such name as Angina Pectoris. Then I made a thorough search through some of the biographies in the office library, but found nothing. No one in the building has heard of such a person. Perhaps she's married now, and that was her maiden name. Are you quite sure you've got her name right, sir?"—London Tit-Bits.

### Impression Verified.

"Hamlet" is one of the longest parts in the English-speaking drama," remarked Mr. Stormington Barnes.

"I never measured it," answered the tired business man, "but it certainly gives you that impression when you listen to it."

### The Pessimistic View.

"They say even rich men now declare they will wear patched trousers."

"Yes, but they can afford the patching."

About 60 per cent of the area of the United States is tillable. At present only 32 per cent is being tilled.

## Grape-Nuts

supplies what many breakfast cereals lack

—solid nourishment including the vital mineral salts so necessary to encourage normal growth in children.

A body-building food that tastes real good

"There's a Reason"